

Breakfast Stuffed Peppers

Oshkosh Community YMCA

Cheesy egg, sausage and spinach stuffed bell peppers - an easy, low carb/keto friendly breakfast that's made with only 8 ingredients and minimal prep! Gluten Free + Grain Free + Low Carb!

INGREDIENTS:

- 4 large bell peppers, cut in half lengthwise and remove inner seeds and stems
- 1 tablespoon olive oil
- 1 cup white onion
- 1 pound gluten free pork sausage, casing removed
- 2 cups spinach
- 4 large eggs
- 1/4 teaspoon salt & pepper, each
- 3/4 cup shredded mozzarella



INSTRUCTIONS:

1. Preheat oven to 350°F/180°C. Lightly grease a 9x13 baking dish.
2. Arrange the bell peppers side-by-side in the greased baking dish - cut side up. Set aside

Filling

1. Warm the olive oil to a large skillet over a medium heat. Add the onions and cook about 5 minutes to soften. Add the sausage and cook until no longer pink. Stir in the spinach and

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Recipe Source <https://www.asaucykitchen.com/breakfast-stuffed-bell-peppers/>

cook an addition 1-2 minutes until wilted. Remove from the heat.

2. In a medium sized mixing bowl whisk together the eggs, salt and pepper. Stir in 1/2 cup of the cheese.

Assembly

1. Spoon the sausage mixture evenly into your prepared peppers. Pour the egg mixture over the top of the sausage. Top with the remaining 1/4 cup cheese.
2. Return to the oven and bake an additional 35-40 minutes until the cheese has goldened.

NUTRITION

Yield: 8

Serving Size: bell pepper half

Calories: 285 Saturated Fat: 7g Cholesterol: 130mg

Sodium: 540mg Carbohydrates: 7g Fiber: 2g Sugar: 4g

Protein: 14g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.